



OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES



Thank You!

Those of you who were able to participate in the July vegetable exchange days made this event a success and we want to thank you for your contribution.

August Vegetable Exchange Days

Sunday August 10th
Sunday August 24th

September

There will be a harvest festival in September and a reminder will be sent out to all gardeners as the event date draws near.

Garden hours are
dawn 'til dusk



Having Problems with Critters?

Many of you have noticed that "someone" has been snacking on your produce, and it's very frustrating after you've spent countless hours tending to your garden. While it's difficult to get rid of all pests, there are some things you can do to repel unwanted critters. Some plants function as "natural pest repellents," at least in terms of saving their own hides. Foxglove (*Digitalis*) and monkshood (*Aconitum*), as well as aromatic herbs like lavender and catnip have a fragrance that repulses **rabbits**. In the case of other "natural pest repellents," rabbits avoid them not because they're poisonous, but because they don't smell good—to *rabbits*, at least. A fence made of chicken wire surrounding your garden will also keeps the rabbits out, but this requires some time and effort to install.



Baby Jackrabbit



Gopher

Weed control and planting crops with less tap roots are two ways to deter **gophers**. Some gardeners say that using castor oil in and around the garden perimeter repels gophers, and since gophers dislike marigolds, planting some in your garden might help.

Gnaw marks about 1/8 inch wide and 3/8 inch long found in irregular patches and at various angles, taken in conjunction with other signs (droppings, runways, and burrows), indicate **vole** damage...yes "voles." Voles are common in California and are basically meadow mice. One way to effectively deter vole populations is to make the habitat less suitable to them. Weeds, heavy mulch, and dense vegetative cover encourage voles by providing food and protection from predators and environmental stresses. If you remove this protection, their numbers will decline.



Vole



Mole

Roots, bulbs and tubers of plants are not target food sources for **moles**, but may be damaged indirectly as moles dig through the ground in search of grubs and earthworms. Plant parts may subsequently be eaten by mice, which use mole tunnels for protection and as avenues to food supplies. Placing a mothballs in tunnel will repel and hopefully help to eliminate moles.

Squirrels are opportunist feeders. Their diet varies depending on the season and what is available. They eat catkins, flowers, rosehips, fungi, shoots, bulbs, bark and may even rob nests in spring, taking both eggs and young birds. However their most important natural food is tree seeds. Squirrels eat them as they ripen or store them for hard times, burying them just below the surface of the soil in numerous small caches. Unless you catch them in the act, it's probably not a squirrel stealing a bite from your garden

Community Garden News
is printed by the City of Loma
Linda



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The lesson I have
thoroughly learnt, and
wish to pass on to
others, is to know the
enduring happiness
that the love of a
garden gives.
~Gertrude Jekyll

Community Service in the Garden

On a HOT Saturday in June, Boy Scout Kevin Parks and several of his pack-members joined Executive Secretary, Joanne Heilman, and Lead Maintenance Worker, Robert Shenton (who was on vacation at the time), to install irrigation and plants along the fence line in the garden. A community service project is one of the requirements to receive an Eagle Badge, and Kevin decided to help the City of Loma Linda and spruce of the community garden for his service project. Kevin spoke with Home Depot and they agreed to donate the plants and irrigation for the project. Kevin made all the arrangements



Removing the telephone pole



Boy Scout Pack, Parents, City Employees

and got to work with his pack-members sprucing up the garden on June 28th . After a long, very hot day, the plants were finally in the ground and the irrigation was running. Thank you to Kevin Parks and a l l w h o participated in this project!



Finished!

RECIPE CORNER

Baked Potatoes with Vegetable Topping - serves 6

6 medium baking potatoes, about 2 pounds
1 small onion, chopped
1 small carrot, shredded
2 radishes, shredded
1/4 cup cucumber, peeled, chopped
2 tbsp cider vinegar
1 tbsp chopped fresh basil or 1/2 tsp dried basil
1/2 cup plain nonfat yogurt
1/4 cup grated Parmesan cheese
1/4 cup skim milk
1 tsp nonfat butter granules
Freshly ground black pepper to taste

Calories: 199
Protein: 8 g
Fat: 2 g
Carbohydrate: 39g
Cholesterol: 4 mg

Preheat oven to 400 F. Bake potatoes for 50 minutes, or until tender. Combine onion, green onions, carrots, radishes, cucumber, vinegar, and basil. Toss to mix well; set aside. Cut a 1-inch-thick slice off the top of each potato, carefully scoop out the pulp and reserve the shells. Mash potato pulp with yogurt, Parmesan cheese, skim milk, butter granules and pepper. Mix until smooth. Stuff potato mixture into reserved shells. Place on baking sheet and bake at 350 F for 30 minutes. Serve hot, topped with vegetable mixture.